



Soy Source

by John Dawnes

Available Allen & Unwin P.O. Box
764, Nth Sydney - \$9.95

At last! A handy little book that explains soy beans and the many soyfoods extracted from them - such as *Tempeh*, *Shoyu*, *Miso*, *Yuba* and many more. The book describes in full, how to prepare and use these nutritious foods and the recipes are delightful and varied. A great opportunity to become familiar with the versatile soybean and learn to incorporate it into your diet in a number of ways.

Soy Source disproves the myth that soybeans are boring or difficult to prepare and shows how this amazing source of protein can be a tempting alternative.



Riding the Ox Home

by Willard Johnson

Available Harper & Row/Collins -
\$22.95

This book is an history of meditation from shamanism to science. A unique historical survey, it covers the origins of meditative states in prehistoric cultures and tribal ritual through the development of Eastern meditation and disciplines, including Hindu and Buddhist.

A fascinating book containing a wealth of historical information, it points the way to a clear path of self-understanding and self-fulfilment. Beautifully illustrated with Japanese scrolls, *Riding the Ox Home* is a valuable historical record and resource for shamanism and meditation.

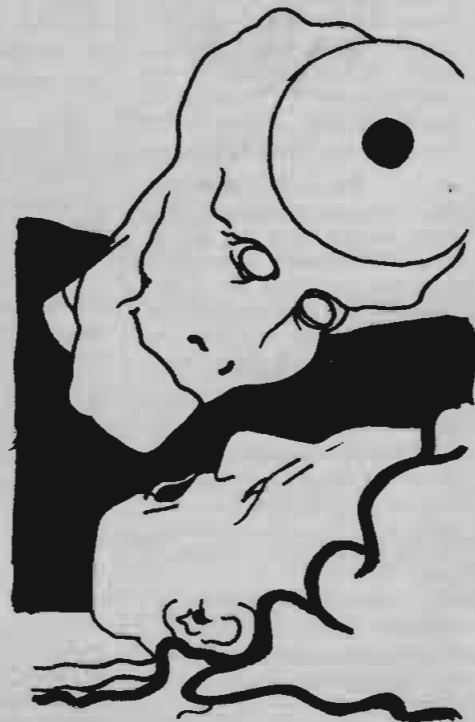
Polarity Therapy

by Alan Siegel N.D.

Available Harper & Row/Collins

Polarity Therapy is the science of stimulating and balancing the body's life energy. We all have the ability to heal dis-ease as well as to create it with our own intrinsic energy. This book is a practical guide to releasing blocked energy flows, through polarity yoga balancing. It incorporates polarity yoga and shows ways to develop positive attitudes and thoughts. *Polarity Therapy* is densely illustrated and all instructions are clearly readable, enabling you to be your own therapist using the book as a guide.

Illuminating the nature of 'laying on hands', this is an interesting addition to the many new therapies available. *Polarity Therapy* illustrates an imaginative healing perspective on life and the world.



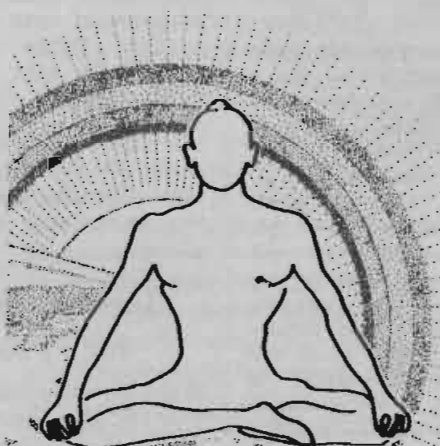
Mal(e) Practice

*How Doctors Manipulate
Women*

by Robert S. Mendelsohn M.D.
Available from International Health
Promotions, P.O. Box 155, Lane Cove
2066 - \$19.95

A practising doctor for 25 years, Dr. Mendelsohn sets out to totally expose many institutional medical myths by baring the true facts about the overuse of surgery, x-rays, pills and many of the condescending 'practices' of modern medicine. This book arms women with the true inside story on the need for routine check-ups which all women are supposed to undergo throughout their adult lives - and how to assess an inner need to say 'no'. It gives a comprehensive list of fifty commonly prescribed pills that all women should avoid, listing side effects and names of the drugs.

Written with a mixture of sarcasm and humour, *Mal(e) Practice* communicates a vitally important message to women - the extraordinary level of invasive and unnecessary surgery and medication which is routinely prescribed as a way of medically processing human beings with minimum effort and understanding.



The Art of Survival

A Guide to Yoga Therapy

by Dr M. I. Charote &
Maureen Lockhart

Available: Allen & Unwin,
PO Box 764, North Sydney \$17.95

For a wide range of readers - beginners, teachers, therapists, beginners and health professionals, this book is an anthology of experiences in many areas of Yoga. It contains contributions from authors and healers world-wide on the principles and exercises of Yoga, relaxation, meditation, acupuncture, childbirth, osteopathy and other related healing processes.

The Art of Survival is definitely an excellent tool for therapists; very much a textbook, it is not illustrated.



Change

by John Wood

From Catalytic Reactions,

PO Box 1069 Crows Nest 2065 \$15

Bypassing the intellect and communicating directly with the 'subconscious' mind through animistic imagery, *Change* is not so much a book as a talisman containing no written words. It invokes and evokes a balance of black and white, male and female, left and right; a union of opposites.

Change can be used for meditation over a moon cycle; according to its creator, it can be used to draw your complementary 'other half' to you - on many levels. It has been acclaimed by Guboo Ted Thomas of the Wallaga Lake Aboriginal community as the first book which communicates on deep 'dreamtime' levels accessible to Aboriginals and colonists alike.



Windows of the Mind

by G.M. Glaskin

Available Harper & Row/Collins - \$10.95

Windows of the Mind is a book that explores astral travel and re-discovering previous incarnations. It gives fascinating accounts of peoples "journeys", including the author's own experiences. There are detailed instructions on how to mentally "travel" without losing consciousness of the 'now'. All you need are a couple of close friends and a quiet space and you can journey into the realms of your mind, using the 'Christos Method' of freeing the astral body. This reviewer has personally experienced this method and found that it really works - I didn't expect to appear as a fourteen-year old male in the Fire of London!

For those who are into the concept of past lives, this book is a fascinating and handy tool for those realms.

Healing Music

by Andrew Watson and Nevill Drury

Available Allen & Unwin, Box 764 Nth. Sydney. - \$9.95

Music is finding its place and being recognised as an essential part of Wholistic Healing - treating the whole being. *Healing Music* presents an overview of wholistic Health and explains how music plays a vital role in the healing process. Chapters explain energy levels within us, exercises for creative visualisation and overviews of New Age music in the United States, Britain, Europe and Australasia. There are diagrams showing the chakras and their musical relationships, explanations, bibliography and music checklists. Well-presented and easy to read, this alternative healing book contains great source material.



Winged Serpents Dancing

by Vincent Selleck

Available: Shekinah Foundation, PO Box Thora NSW 2454 - \$5

A 43-page booklet written to explain the 'Harmonic Convergence' which took place in August 1987, *Winged Serpents Dancing* deals with the Aztec and Hopi Indian prophecies and the upcoming *Earth Link '88*. Other topics include humanity's voice in the planetary awakening, sacred sites, rituals and the meaning behind current changes in the world-mind - a companion to Vincent Selleck's *Path of the Dragon*.



The Dowsing & Healing Manual

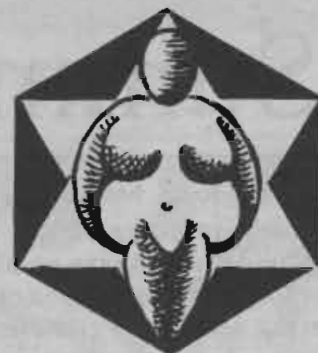
by Alanna Moore

Available: Dowsing News,

PO Box 195, Katoomba 2780 \$13 p.p.

This dowsing manual has much information about the various forms of dowsing. Informative topics covered include radionics, biofeedback, magnets, crystals, orgone devices, the chakras, pendulums, flower essences, colour healing and a great deal more.

The Dowsing and Healing Manual is a self-published book with a 'hand-made' feel - it is presented as a manual, with little use of graphics.



The I Ching of the Goddess

by Barbara G. Walker

Available Harper & Row/Collins - \$12.95

One of America's leading feminists, Barbara Walker again opens your eyes to the myths of history. This time she explores the theme of the creation of the Great Mother and Goddess images of the various world cultures that worshipped Her. She points out the historical occurrences that created many disjointed stories which, in turn, spawned many myths.

All this is explored within the context of the *I Ching*, the ancient Taoist *Book of Changes*. Interpretations of the hexagrams are interesting and follow the ancient Chinese patterns. They are clear to read and interpret and each hexagram has an accompanying black and white plate. There are colour versions of all the hexagrams in a central block within the book. *The I Ching of the Goddess* is a work which would grace the shelves of a mystic or a feminist - a rare combination.



Health from God's Garden

by Maria Treben

From Internation Health Promotions, PO Box 155 Lane Cove 2066 - \$16.95

Another wonderful book by the author of *Health Through God's Pharmacy*, the presentation is clear and contains beautiful colour drawings of the herbs. It starts with a chapter on how to use the book and continues with chapters on preventions and cures and standard herbal recipes.

Ailments are alphabetically listed and a choice of treatments is listed. A large list of diseases and problems are covered in the book, making it an invaluable, up-to-date edition for healer or layperson alike.